

PERSONAL INFORMATION

Natalia Morgulec-Adamowicz Warsaw (Poland) + 48 601 303 923 natalia.morgulec@awf.edu.pl

Sex Female | Date of birth 14/12/1976 | Nationality Polish



EDUCATION AND TRAINING

- 2013 **Habilitation/Associate Professor in Physical Culture Sciences, Special field: Physiotherapy**
Józef Piłsudski University of Physical Education in Warsaw
Special field: Physiotherapy
- 2005 **Doctorate (Ph.D.) in Physical Culture Sciences, Field of Physiotherapy**
Józef Piłsudski University of Physical Education in Warsaw, Poland
- 2000–2005 **Ph.D. Study in Physical Education Sciences**
Józef Piłsudski University of Physical Education in Warsaw, Poland
- 2002–2003 **European Master Degree in Adapted Physical Activity**
Katholieke Universiteit Leuven, Belgium
- 1995–2000 **Master Degree in Rehabilitation**
Józef Piłsudski University of Physical Education in Warsaw, Poland
PWZF licence no. A034102

WORK EXPERIENCE

- 2013–present **Associate Professor, Faculty of Rehabilitation, Józef Piłsudski University of Physical Education in Warsaw**
- 2020–2024 **Dean of the Faculty of Rehabilitation, Józef Piłsudski University of Physical Education in Warsaw**
- 2020–2022 **Head of Research Group no 4 at Józef Piłsudski University of Physical Education in Warsaw "Physical activity and sports for people with special needs"**
- 2019–2020 **Board Member of the Józef Piłsudski University of Physical Education in Warsaw**
- 2019–2020 **Head of Chair of Foundations of Physiotherapy, Faculty of Rehabilitation, Józef Piłsudski University of Physical Education in Warsaw**

- 2008–2018 Head of Department of Adapted Physical Activity, Faculty of Rehabilitation, Józef Piłsudski University of Physical Education in Warsaw
- 2005–2012 Assistant Professor, Faculty of Rehabilitation, Józef Piłsudski University of Physical Education in Warsaw
- 2011–2022 Visiting Professor, Erasmus Mundus Master in Adapted Physical Activity (former: International Master in Adapted Physical Activity), Katholieke Universiteit Leuven, Belgium
- 2003–2005 Graduate Teaching Assistant, Faculty of Rehabilitation, Józef Piłsudski University of Physical Education in Warsaw

PERSONAL SKILLS

Mother tongue(s) Polish

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	C1	B2	B2
French	A2	A2	A1	A2	A1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
Common European Framework of Reference for Languages

Communication skills

Very good communication skills gained through my experiences as:

- Expert of European Commission - Education, Audiovisual and Culture Executive Agency (EACEA, 2018-2022, 2024, 2025)
- Validator of the Polish Paralympic Committee Validation Commission (2025, 2026)
- Expert of the Polish National Agency for Academic Exchange (NAWA)
- Consultant for Educational Research Institute (IBE) and Polish Paralympic Committee in the project "Support to central government administration, awarding bodies and quality assurance institutions in implementing stage I of the Integrated Qualifications System" (2018)
- Lecturer at the University (from 2003 until now)
- Project Coordinator of International Cooperation Project APAFSS (2014-2015)
- Member of Steering Committee in EUSAPA Project (2008-2009)
- National Coordinator of THENAPA II Project (2005-2008)
- Faculty Coordinator of ERASMUS Program (2005-2011)
- Reviewer of Scientific journals *Spinal Cord* (2008-2017), *Current Issues in Tourism* (2019), *Adapted Physical Activity Quarterly* (2017), *Research Quarterly for Exercise and Sport* (2016), *Journal of Sport Science* (2014), *Advances in Rehabilitation* (2010-2013), *Trends In Sport Sciences* (2013), *Journal of Intellectual Disability Research* (2021), *Journal of Clinical Medicine* (2022), *European Journal of Adapted Physical Activity* (2010- 2023)
- Consultant for Sport for Individuals with Special Needs in the Panel for Public Grants (Physical Culture and Sport Projects) under Sport Office in Warsaw Municipal Government Office (2007)
- Team Manager of Polish Representation in Wheelchair Rugby (2002-2004)
- Coordinator of Polish Wheelchair Rugby League (2001-2004)

Organisational / managerial skills

Member of the Faculty Board, Member of University Commission on Internationalization, Member of Work Group for Building the Polish Sport Development Strategy 2040

Job-related skills

Educational/research international projects

2023-2027 GIH- Synergy Project "What is the impact of neuromusculoskeletal impairment on activities of daily living, leisure time physical activity and sport?" - Project Member. Project supported by a grant from Swedish Knowledge Foundation

2022-2025 "Inclusive and Equitable sport for people with Autism and Intellectual Disability (IDEAL 2)" (No: 101049878-ERASMUS-SPORT-2021-SCP) - Project Member. Project supported by a grant from Erasmus+ Programme: Support for Collaborative Partnerships in the field of Sport

2022-2023 "Empowering primary school teacher to include pupils with special education needs into physical education classes using digital tools (SENDIt teach)" (No: 2021-1-LT01-KA220-SCH-AE7826A3) - Project Member. Project supported by a grant from Erasmus+ Programme: Erasmus+ Programme: Ka2 Cooperation Partnership Project

2021-2023 "Water and land-based exercise for children with post COVID-19 condition (postCOVIDkids)" (No: NAWA2022) - Project Member. Project supported by a grant from Polish National Agency for Academic Exchange (NAWA): Urgency Grants

2021-2022 WHO "GROWE Project" in Poland by joining the Poland Rehabilitation Workforce Task Team 2021-2022 (RWTT)

2018-2022 "Innovative Rehabilitation Education – Introduction of new master degree programs in Ukraine" (No: 598938-EPP-1-2018-1-LV-EPPKA2-CBHE-JP) - Project Member. Project supported by a grant from Erasmus+ Programme: Capacity Building in the field of Higher Education

2018-2020 "Intellectual Disability, and Equal opportunities for Active and Long-term participation in Sport (IDEAL)" (No: 590514-EPP-1-2017-1-BE-SPO-SCP) - Project Member. Project supported by a grant from Erasmus+ Programme: Support for Collaborative Partnerships in the field of Sport

2018-2020 "Freedom without the chaos" (No: 2018-I-UK01-KA201-048035) - Project Volunteer. Project supported by a grant from Erasmus+ Programme: Cooperation for Innovation and the Exchange of Good Practices / Strategic Partnerships for school education

2014-2015 "Adapted Physical Activity - theory and practice" (No: FSS/2013/IIC/W/0020/U/0003) - Project Coordinator. Project supported by a grant from Iceland, Liechtenstein and Norway through the EEA and Norway Grants and co-financed by the Polish funds

2012 "Game performance blind and partially-blind athletes in goalball" International Paralympic Committee Approved Research Project during the London 2012 Paralympic Summer Game.

2009-2012 Scholarship from the project "Improvement of teaching and research capacity in the field of occupational therapy as a key to the development of universities"

2010 "Field performance of elite ice sledge hockey athletes" International Paralympic Committee Approved Research. Project during the Vancouver 2010 Paralympic Winter Game.

2010-2008 European Standards in Adapted Physical Activity (EUSAPA). 142271-LLP-1-2008-1-CZ-ERASMUS-EMHE - Steering Committee Member.

2008-2005 THENPAPA II: Ageing and disability - a new crossing between physical activity, social inclusion and life-long well-being. 114024-CP-1-2004-1-BE-ERASMUS-TN - National Coordinator.

2006-2004 Sports and Physical Activity for persons with disabilities – Awareness, Understanding, Action. 119672-JA-1-2004-1-BE-JOINT CALL-INDI.

2004 Sports Participation for Inclusion of persons with a disability in European Countries" EYES (2004-0794/001-001 AEE AESUBV).

Teaching Mobility - ERASMUS:

Katholieke Universiteit Leuven - KUL, Belgium (2019, 2018, 2017, 2016, 2015, 2013, 2012, 2011)

Universidade de Coimbra, Portugal (2010)

Trinity College, Ireland (2008)

l'Université Catholique de Louvain- UCL, Belgium (2006)

Scientific Mobility:

Sabbatical at University of Arizona, Tucson, USA (08.2024-01.2025)

Beijing Sport University, China (2015)

Training Mobility - ERASMUS:

Munster Technological University, Kerry North Campus, Tralee, Ireland (2025)

University of Limerick, Ireland (2023)

Universidade de Coimbra, Portugal (2022)

Katholieke Universiteit Leuven - KUL, Belgium (2021)

National Spinal Injuries Centre, Stoke Mandeville Hospital, United Kingdom (2008)

Professional Courses

2024 *Preventing Harassment and Discrimination*, Tucson, USA. Organizer: University of

Arizona.

2023 *Employing a person with a disability*, Warsaw, Poland, Organizer: AWF Warsaw (project POWER)

2022-2023 *Series of training courses (192 h) raising the competences of the staff of the AWF Warsaw in the field of professional management of relations with the external environment*, Warsaw, Poland. Organizer: IRSW

2018-2021 *Course of English for Academic Purposes*, Poland, Organizer: AWF Warsaw (project POWER)

2018 *Course "STATISTICA-basic skills"*, Warsaw, Poland. Organizer: StatSoft Polska

2017 *Workshop "How to prepare grant application and succeed in European programmes?"*, Warsaw, Poland. Organizer: Polish National Contact Point for Research Programmes of the EU

2017 *Workshop "Research data management"*, Warsaw, Poland. Organizer: Interdisciplinary Centre for Mathematical and Computational Modelling, University of Warsaw

2016 *Workshop "How to prepare scientific research application"*, Krakow, Poland. Organizer: Narodowe Centrum Nauki (NCN)

2013 *Seminary "Journals indexing in databases"*, Warsaw, Poland. Organizer: Centrum Promocji Informatyki

2013 *Seminary "Organization and management in disability sport"*, Warsaw, Poland. Organizer: Akademia Trenerska

2009 *Dolphin Behaviour and Dolphin-Assisted Therapy - Basic Course*, Eilat, Israel. Organizer: Dolphin Research Laboratory at Dolphin Reef

2005 *Course for Volleyball Instructors*, Warsaw, Poland. Organizer: Józef Piłsudski University of Physical Education

2001 *Course for Medical Staff in Active Rehabilitation*, Boxholm, Sweden. Organizer: Rekryteringsgruppen Active Rehabilitation.

2001 *International Wheelchair Rugby Clinic for Referees*, Duisburg, Germany. Organizer: German Wheelchair Rugby-Section DRS in co-operation with the Technical Commission IWRF: European Zone (Tutor: Tony Lapolla)

2000 *DBC Concept - Finish method of active treatment of back and neck disorders*, Warsaw, Poland. Organizer: Medical Centre - B.K. Euromed.

1999 *Care for Persons with Spinal Cord Injury and Similar Disabilities*, Spala, Poland. Organizer: Foundation of Active Rehabilitation (FAR).

Other: Driver's license B category, Ski Instructor (PZN), Volleyball Instructor, Younger Lifeguard (WOPR)

Digital skills Mastery of Microsoft Office Suite, Internet and statistical softwares: SPSS, Statistica.

ADDITIONAL INFORMATION

Services

2025 IFAPA Fellows Committee

2025 Member of Scientific Board of Polish Paralympic Committee

2025 Jury member of 20th Warsaw International Medical Congress for Young Scientists

2024 Organizing Committee Member of European Network of Physiotherapy in Higher Education (ENPHE) Conference „Physiotherapy Education – aiming at excellence through collaboration” in Warsaw, Poland

2024 Member of Committee of Rehabilitation, Physical Culture and Social Integration of the Polish Academy of Sciences

2024 Scientific Committee Member of the 10th International Conference Prof. Andrzej Seyfried Physiotherapy Ideas "Physiotherapy from pediatrics to geriatrics"

2021-2023 Vice President of Polish Wheelchair Rugby Federation

2023 Scientific Committee Member of the 7th National Scientific and Training Conference "Development of nursing in Poland and in the world - the patient in the center of attention"

2022 Scientific Committee Member of the European Congress of Adapted Physical Activity (EUCAPA 2022)

2022 Scientific Committee Member of the 9th International Conference Prof. Andrzej Seyfried Physiotherapy Ideas "Functional or medical training?"

2022 Scientific Committee Member of the 6th National Scientific and Training Conference "Development of nursing in Poland and in the world - challenges of health care workers in the

implementation of health services"

2019 Chairwoman of Scientific Committee Member of the 8th International Conference Prof. Andrzej Seyfried Physiotherapy Ideas "Shoulder - the consequence of evolution"

2018 Chairwoman of Scientific Committee Member of the 7th International Conference Prof. Andrzej Seyfried Physiotherapy Ideas "Pelvis - multidimensional perspective"

2017 Scientific Committee Member of the 21st International Congress on Modern Olympic Sport and Sport for All

2017 Scientific Committee Member of the 6th International Conference Prof. Andrzej Seyfried Physiotherapy Ideas "Knee joint - nightmare of evolution"

2016 Member of Program Board of Ph.D. Study in Physiotherapy at Faculty of Physiotherapy, Józef Piłsudski University of Physical Education in Warsaw.

2014 Chairwoman of Organizing Committee of the 4th International Conference Prof. Andrzej Seyfried Physiotherapy Ideas "Adapted physical activity in rehabilitation and education"

2013 Board Member of Faculty of Physiotherapy at Józef Piłsudski University of Physical Education in Warsaw.

2013 Thematic Editor for Adapted Physical Activity in the scientific quarterly *Advances in Rehabilitation*

2012 Secretary of the scientific quarterly *Polish Journal of Rehabilitation Research*

2011 Secretary of Scientific Committee of the 2nd International Conference on "Theory and practice of adapted physical activity" in Warsaw.

2010 Organizing Committee Member of the Special Olympics European Summer Games Warsaw 2010

2009 Chairwoman of Organizing Committee of the 1st International Conference on "Theory and practice of adapted physical activity" in Warsaw.

2009 Secretary of Polish Scientific Association of Adapted Physical Activity

2005 Organizing Committee Member of European Network of Physiotherapy in Higher Education (ENPHE) Conference „The research skilled student a challenge to the Physiotherapy Education"

2000 - 2006 refereeing for Polish Wheelchair Rugby League

2002 - Organizing Committee Member of the 6th Congress on Modern Olympic Sport and Sport for All

2000 - Organization of 1st Warsaw Wheelchair Rugby Competition

1999 - 2008 Coach Assistant in Warsaw Wheelchair Rugby Team

1999 Volunteer in 5th Olympics for Youth with Disabilities in Warsaw

1998 - 1999 Co-operation in organization of Active Rehabilitation Camps in Spala

1998 Volunteer in 6th Special Olympics Summer Games in Warsaw

Publications

ORCID: 0000-0003-3888-633x / Author ID: 36017341200 / Researcher ID Web of Science: G-3404-2017:

Ng, K., Venckuniene, K., Klavina, A., Labecka, M., Ostaseviciene, V., Pozeriene, J., Strazdina, N., Puomies, M., Reklaitiene, D. & Morgulec-Adamowicz, N. (2025). Associations Between Technology Use, Knowledge and Inclusive Physical Education Teacher-Efficacy Among European Primary School Teachers. *Physical Culture and Sport. Studies and Research*, 108(1), 71-83. <https://doi.org/10.2478/pcssr-2025-0013>

Ogonowska-Slodownik, A., Labecka, M. K., Maciejewska-Skrendo, A., Morgulec-Adamowicz, N., Starczewski, M., Gajewski, J., McNamara, R. J., & Kaczmarczyk, K. (2025). Effect of water- and land-based exercise on lung function in children with post-COVID-19 condition: secondary results from a randomised controlled trial. *ERJ open research*, 11(3), 00838-2024. <https://doi.org/10.1183/23120541.00838-2024>

Ogonowska-Slodownik, A., Jakobowicz, O., Alexander, L., Marinho-Buzelli, A. R., Devion, C., & Morgulec-Adamowicz, N. (2024). Aquatic Therapy in Children and Adolescents with Disabilities: A Scoping Review. *Children*, 11(11), 1404. <https://doi.org/10.3390/children11111404>

Pawlak, M., Whuk, B. & Morgulec-Adamowicz, N. A long-term observation on effects of modified constraint-induced movement therapy combined with bimanual training in children with hemiplegia in "The Pirate Group" program – case report. *Biomedical Human Kinetics*, 2024, Sciendo, vol. 16 no. 1, <https://doi.org/10.2478/bhk-2024-0036>

Marin-Urquiza, A., Burns, J., Morgulec-Adamowicz, N., & Van Biesen, D. (2024). Structure and Organization of Sport for People With Intellectual Disabilities Across Europe. *Adapted physical activity quarterly*, 41(1), 126-152. Retrieved Sep 20, 2024, from <https://doi.org/10.1123/apaq.2022-0212>

Ogonowska-Slodownik, A., Güeita-Rodríguez, J., Skomorowska, K., & Morgulec-Adamowicz, N. (2024). Effects on Function and Enjoyment of Aquatic Therapy in Children with Cerebral Palsy: A Pilot Study in a Special Education School. *International Journal of Disability, Development and Education*, 1–10. <https://doi.org/10.1080/1034912X.2024.2358860>

Van Biesen, D., Van Damme, T., Morgulec-Adamowicz, N., Buchholtz, A., Anjum, M., & Healy, S. (2023). A Systematic Review of Digital Interventions to Promote Physical Activity in People With Intellectual Disabilities and/or Autism. *Adapted physical activity quarterly : APAQ*, 1–21. Advance online publication. <https://doi.org/10.1123/apaq.2023-0061>

Ogonowska-Slodownik A, Labecka MK, Maciejewska-Skrendo A, McNamara RJ, Kaczmarczyk K, Starczewski M, Gajewski J, Morgulec-Adamowicz N. (2023). Effect of Water-Based vs. Land-Based Exercise Intervention (postCOVIDkids) on Exercise Capacity, Fatigue, and Quality of Life in Children with Post COVID-19 Condition: A Randomized Controlled Trial. *Journal of Clinical Medicine*. 12(19):6244. <https://doi.org/10.3390/jcm12196244>

Ogonowska-Slodownik, A., Labecka, M.K., Kaczmarczyk, K., McNamara, R.J., Starczewski, M., Gajewski, J., Maciejewska-Skrendo, A., Morgulec-Adamowicz, N. (2022). Water-based and land-based exercise for children with post-COVID-19 condition (postCOVIDkids) - Protocol for a randomized controlled trial. *International Journal of Environmental Research and Public Health*, 19(21), 1-14.DOI: 10.3390/ijerph192114476

Ogonowska-Slodownik, A., Kawa, K., Morgulec-Adamowicz, N., (2022). The impact of the COVID-19 pandemic on swimmers in Poland. *Biomedical Human Kinetics*, 14(1), 220-228. DOI: 10.2478/bhk-2022-0027

Marszałek, J., Kosmol, A., Morgulec-Adamowicz, N., Mróz, A., Gryko, K., Klavina, A., Skucas, K., Navia, J. & Molik, B. (2022). Anaerobic Variables as Specific Determinants of Functional Classification in Wheelchair Basketball. *Journal of Human Kinetics*, 82(1) 243-252. <https://doi.org/10.2478/hukin-2022-000074>

Ogonowska-Slodownik, A., Kosmol, A., & Morgulec-Adamowicz, N. (2022). A Comprehensive Analysis of Physical Activity, Nutrition, Body Composition and Functional Fitness of Women over 60 Years Old. *Nutrition and Healthy Aging*, 6(4), 293-299. DOI: 10.3233/NHA-210126

Ogonowska-Slodownik, A., Morgulec-Adamowicz, N., Geigle, P.R., Kalbarczyk, M., & Kosmol, A. (2022). Objective and Self-reported Assessment of Physical Activity of Women over 60 Years Old. *Ageing Int* 47, 307–320. <https://doi.org/10.1007/s12126-021-09423-z>

Güeita-Rodríguez, J., Ogonowska-Slodownik, A., Morgulec-Adamowicz, N., Martín-Prades, M. L., Cuenca-Zaldívar, J. N., & Palacios-Ceña, D. (2021). Effects of Aquatic Therapy for Children with Autism Spectrum Disorder on Social Competence and Quality of Life: A Mixed Methods Study. *International journal of environmental research and public health*, 18(6), 3126. <https://doi.org/10.3390/ijerph18063126>

Ogonowska-Slodownik, A., de Lima, A., Cordeiro, L., Morgulec-Adamowicz, N., Alonso-Fraile, M., & Güeita-Rodríguez, J. (2022). Aquatic Therapy for Persons with Neuromuscular Diseases - A Scoping Review. *Journal of neuromuscular diseases*, 9(2), 237–256. <https://doi.org/10.3233/JND-210749>

Ogonowska-Slodownik A., Geigle P.R., Morgulec-Adamowicz N. (2020). Head-out water-based protocols to assess cardiorespiratory fitness - systematic review. *International Journal of Environmental Research and Public Health*, 17(19); 1-25. DOI: 10.3390/ijerph17197215

Ogonowska-Slodownik A., Kaczmarczyk K., Kokowicz G., Morgulec-Adamowicz N. (2020). Does aquatic breathing program improve lung function in adolescents with scoliosis? *Physical & Occupational Therapy in Pediatrics*; doi.org/10.1080/01942638.2020.1856285.

Morgulec-Adamowicz N. (2020). The Sherborne Developmental Movement (SDM) for individuals with Autism Spectrum Disorder. *Palaestra*, 34(2); 17-22

Malek L.A., Mroz A., Czajkowska A., Kosmol A., Ogonowska-Slodownik A., Molik B., Morgulec-Adamowicz N. (2019). Accuracy of impedance cardiography for hemodynamic assessment during rest and exercise in wheelchair rugby players. *Research Quarterly For Exercise And Sport*, 90(3),

Marszałek J., Kosmol A., Morgulec-Adamowicz N., Mróz A., Gryko K., Klavina A., Skucas K., Navia J.A., Molik B. (2019). Laboratory and Non-laboratory Assessment of Anaerobic Performance of Elite Male Wheelchair Basketball Athletes. *Front. Psychol.* 10:514. doi: 10.3389/fpsyg.2019.00514

Marszałek J., Gryko K., Kosmol A., Morgulec-Adamowicz N., Mróz A., Molik B. (2019). Wheelchair Basketball Competition Heart Rate Profile According to Players' Functional Classification, Tournament Level, Game Type, Game Quarter and Playing Time. *Front. Psychol.* 10:773. doi: 10.3389/fpsyg.2019.00773

Slodownik R. , Ogonowska-Slodownik A., Morgulec-Adamowicz N. (2018). Functional Movemen

ScreenTM and history of injury in assessment of potential risk of injury among team handball players. *The Journal of Sports Medicine and Physical*, 58(9), 1281-1286.

- Molik B., Kosmol A., Morgulec-Adamowicz N., Lencse-Mucha J., Mroz A., Gryko K., Marszałek J. (2017). Comparison of Aerobic Performance Testing Protocols in Elite Male Wheelchair Basketball Players. *Journal of Human Kinetics*, 60(1), 243-254.
- Rowiński R., Morgulec-Adamowicz N., Ogonowska-Słodownik A., Dąbrowski A., Geigle PR. (2017). Participation in leisure activities and tourism among older people with and without disabilities in Poland. *Arch Gerontol Geriatr*, 73, 82-88.
- Grzegorz Bednarczuk, Bartosz Molik, Natalia Morgulec-Adamowicz, Andrzej Kosmol, Ida Wiszomirska, Izabela Rutkowska, Krzysztof Perkowski (2017). Static balance of visually impaired paralympic goalball players. *International Journal of Sports Science & Coaching*, 12(5), 611-617.
- Molik, B.; Morgulec-Adamowicz, N.; Marszałek, J.; Kosmol, A.; Rutkowska, I.; Jakubicka, A.; Kaliszewska, E.; Kozłowski, R.; Kurowska, M.; Ploch, E.; Mustafins, P.; Gomez, MA. (2017) Evaluation of Game Performance in Elite Male Sitting Volleyball Players. *Adapted Physical Activity Quarterly*, 34(2), 104-124.
- Bartosz Molik, James J Laskin, Amanda L Golbeck, Andrzej Kosmol, Witold Rekowski, Natalia Morgulec-Adamowicz, Izabela Rutkowska, Jolanta Marszałek, Jan Gajewski, Miguel-Angel Gomez (2017). The International Wheelchair Basketball Federation's Classification System: The Participants'perspective. *Kinesiology*, 49(1): 1-10
- Izabela Rutkowska, Grzegorz Bednarczuk, Bartosz Molik, Natalia Morgulec-Adamowicz, Jolanta Marszałek, Kalina Kaźmierska-Kowalewska, Krzysztof Koc (2015). Balance functional assessment in people with visual impairment. *Journal of Human Kinetics*, Vol. 48, iss. 1, s. 99-109
- Bartosz Molik, Natalia Morgulec-Adamowicz, Andrzej Kosmol, Krzysztof Perkowski, Grzegorz Bednarczuk, Waldemar Skowroński, Miguel Angel Gomez, Krzysztof Koc, Izabela Rutkowska, Robert J. Szyman (2015). Game performance evaluation in male goalball players. *Journal of Human Kinetics*, Vol. 48, s. 43-51.
- Miguel A. Gómez, Bartosz Molik, Natalia Morgulec-Adamowicz, Robert J. Szyman (2015). Performance analysis of elite women's wheelchair basketball players according to team-strength, playing-time and players' classification. *International Journal of Performance Analysis in Sport*, Vol. 15, no. 1, s. 268-283.
- Jolanta Marszałek, Natalia Morgulec-Adamowicz, Izabela Rutkowska, Andrzej Kosmol (2014). Using ecological momentary assessment to evaluate current physical activity. *BioMed Research International*, Vol. 2014, 9 s.
- Bartosz Molik, James J. Laskin, Andrzej Kosmol, Jolanta Marszałek, Natalia Morgulec-Adamowicz, Tim Frick (2013). Relationships between anaerobic performance, field tests, and functional level of elite female wheelchair basketball athletes. *Human Movement*, Vol. 14, iss. 4, s. 366-371
- Molik, B., Morgulec-Adamowicz, N., Kosmol, A., Yilla, A.B., Filipkowska, A., Lewandowski, M., Pijanowska, J., Słyk, K., Zubala, T., Flis, S., Herink, R. Game Performance in Ice Sledge Hockey: An Exploratory Examination into Type of Disability and Anthropometric Parameters. *Clinical Journal of Sport Medicine*, 2012, 22(1),65-69.
- Elżbieta Hubner-Woźniak, Natalia Morgulec-Adamowicz, Małgorzata Malara, Paweł Lewandowski, J. Okęcka-Szymańska. Effect of rugby training on blood antioxidant defenses in able-bodied and spinal cord injured players. *Spinal Cord*, advance online publication, 29 November 2011; doi:10.1038/sc.2011.134.
- Natalia Morgulec-Adamowicz, Andrzej Kosmol, Bartosz Molik, Abu B. Yilla, James J. Laskin. Aerobic, anaerobic, and skill performance with regard to classification in wheelchair rugby athletes. *Research Quarterly for Exercise and Sport*, March 2011, Vol. 82, No. 1, s. 61-69.
- Morgulec-Adamowicz, N., Kosmol, A., Otrębski W. (2011). The effect of sports participation on the intensity of psychosocial problems of males with quadriplegia in Poland. *International Journal of Sport Psychology*, 42(3), 124-132.
- Malone, L.A., Morgulec-Adamowicz, N., & Orr, K. (2011). Contribution of sport science to performance - wheelchair rugby. In Yves Vanlandewijck & Walter Thompson(Eds): *The Paralympic Athlete: Handbook of Sports Medicine and Science*. Wiley-Blackwell, 249-263.
- Ferreira J.P., Morgulec-Adamowicz N.. Academic standards for APA professionals insport: a reflexive approach in Europe. *European Journal of Adapted Physical Activity*, 2011, 4(2), 7-33.
- Morgulec-Adamowicz N., Marszałek J., Jagustyn P. (2011).Nordic Walking – A New Form of Adapted Physical Activity (A Literature Review). *Human Movement*, 12(2) ,124-132. Martin Kudláček, Natalia Morgulec-Adamowicz, Joeri Verellen. European standards in adapted physical activity. Olomouc: Palacký University, 2010
- Morgulec-Adamowicz, N., Kosmol, A., Bogdan, M., Molik, B., Rutkowska, I., Bednarczuk, G. (2010). Game efficiency of wheelchair rugby athletes at the 2008 Paralympic games with regard to player classification. *Human Movement*, 11(1), 91-95.
- Hubner-Woźniak E., Morgulec-Adamowicz N., Malara M., Okęcka-Szymańska J. (2010). Effect of training on the serum lipid profile in able-bodied and spinal cord injured rugby players. *Biology of Sport*, 27(4), 269-272.

Molik, B., Kosmol, A., Morgulec-Adamowicz, N., Laskin, J.J., Jezior, T., Patrzałek, M. (2009) Game efficiency of elite female wheelchair basketball players during world championships (gold cup) 2006. *European Journal of Adapted Physical Activity*, 2(2), 26-38.

Morgulec N., Kosmol A., (2007): Aktywność fizyczna w procesie usprawniania osób z uszkodzeniem rdzenia kręgowego w odcinku szyjnym. [Physical activity in the rehabilitation process of individuals with spinal cord injuries in the cervical segments], Warszawa AWF.

Morgulec N., Kosmol A. (2006): Adaptowana aktywność fizyczna (APA) – nowe spojrzenie na aktywność fizyczną osób ze specjalnymi potrzebami. [Adapted Physical Activity (APA) – a new vision of physical activity for individuals with special needs]. *Fizjoterapia Polska*, 2(4), 103-110.

Presentations

2026 Keynote : *How universal design for learning may shape inclusive physical education: pathways, practices, and possibilities*, European Congress of Adapted Physical Activity (EUCAPA), Prague, Czech

2025 *A Scoping Review of Aquatic Therapy for Children and Adolescents with Disabilities* (with Oliwia Jakobowicz, Lyndsay Alexander, Andresa Marinho-Buzelli, Catherine Devion, Anna Ogonowska-Słodownik), the 25th International Symposium on Adapted Physical Activity (ISAPA), Kerry, Ireland

2023 *The Pirate Group - case report of a modified constraint-induced movement therapy combined with bimanual training in children with unilateral cerebral palsy - 6-month follow-up study* (with Marta Pawlak and Beata Wnuk), 1st International Conference on Occupational Therapy at Jozef Pilsudski University of Physical Education, Warsaw, Poland

2022 *Effects of aquatic therapy on function and enjoyment in children with cerebral palsy: a pilot study* (with Anna Ogonowska-Słodownik, Katarzyna Skomorowska & Javier Güeita Rodriguez), European Congress of Adapted Physical Activity (EUCAPA), Coimbra, Portugal

2019 *The Sherborne Developmental Movement (SDM) for Individuals with Autism Spectrum Disorder; Hippotherapy for Individuals with Autism Spectrum Disorder*, Autism Spectrum Disorder Forum: Charting the Path Forward for Teachers and Rehabilitation Specialists in China, Beijing Sport University, China

2019 *Intellectual Disability and Equal Opportunities for Active and Long-term Participation in Sport"-the IDEAL project* (with Anna Ogonowska-Słodownik, Janne Kerremans & Debbie Van Biesen), the 22nd International Symposium on Adapted Physical Activity, Charlottesville, USA.

2019 *Comparison of arm crank and wheelchair treadmill maximal exercise testing protocols for wheelchair rugby athletes with quadriplegia* (with Andrzej Kosmol, Bartosz Molik, Łukasz Małek, Anna Mróz, Anna Czajkowska, Karol Gryko & Anna Ogonowska-Słodownik), the World Confederation for Physical Therapy Congress, Geneva, Switzerland.

2018 *Adapted Physical Activity and Disability Sport in modern physiotherapy* (with Bartosz Molik), 1st Congress of Polish Chamber of Physiotherapists, Warsaw, Poland.

2017 *Tai-Chi for elderly - magic or evidence based practice?*, 13th Day of Olsztynian Physical Therapy, Olsztyn, Poland.

2015 *Physical activity of individuals with spinal cord injury*, 3rd Silesian Physical Therapy Symposium, Repty Śląskie, Poland.

2015 *Evidence based practice in adapted physical activity*, 4th International Conference on "Theory and practice of adapted physical activity" Katowice, Poland.

2013 *Evidence based practice in physical therapy*, 3rd International Conference Prof. Andrzej Seyfried on Physiotherapy Ideas, Warsaw, Poland.

2010 *Upper limb anaerobic performance of athletes with locomotor disabilities* (with Bartosz Molik, Andrzej Kosmol, James J. Laskin, Laurie A. Malone, Abu B. Yilla, Judy Wilson, Jan Gajewski, & Kestias Skucas), European Congress of Adapted Physical Activity (EUCAPA), Jyväskylä, Finland.

2009 *Examination of Aerobic Performance in Wheelchair Rugby Athletes by Classification Level*(with Andrzej Kosmol, Abu Yilla, Bartosz Molik and Elżbieta Hübner-Woźniak). The 17th International Symposium Adapted Physical Activity (ISAPA), Gavle, Sweden.

2009 *European best practices and policies for promotion and implementation of Adapted Physical Activity for elderly persons resulting from the THENAPA II Network* (with Izabela Rutkowska, Aldona Niemiro, Herman Van Coppenolle and Stefka Djobova). 14th Congress of the European Collage of Sport Science (ECSS), Oslo, Norway.

2008 *Relationship between anaerobic power and selected tests from the Beck Battery of Quad Rugby* (with Andrzej Kosmol and Bartosz Molik). European Congress of Adapted Physical Activity (EUCAPA), Torino, Italy.

2006 *The effect of training on aerobic performance in wheelchair rugby players* (with Andrzej Kosmol, Bartosz Molik, Elżbieta Hubner-Wozniak and Izabela Rutkowska). 10th Congress on Modern Olympic Sport and Sport for All, Gdansk, Poland.

2006 *Age-associated changes in individuals with spinal cord injury* (with Andrzej Kosmol). EGREPA

Xth International Conference on Physical Activity and Successful Ageing, Cologne, Germany.

2006 *Examination of anaerobic performance in wheelchair rugby athletes by classification level* (with Andrzej Kosmol and Bartosz Molik). VISTA 2006 – Classification: solutions for the future, Bonn, Germany.

2005 *Anaerobic performance of polish wheelchair rugby representatives* (with Andrzej Kosmol, Bartosz Molik and Pawel Targosinski). 3rd World Congress of the International Society of Physical Rehabilitation and Medicine – ISPRM, Brazil.

2005 *Examination of sport specific skill differences in wheelchair rugby athletes by classification level* (with Andrzej Kosmol and Bartosz Molik) and *Anaerobic performance of athletes with disabilities in various sports* (with Bartosz Molik and Andrzej Kosmol). The 15th International Symposium Adapted Physical Activity, Verona, Italy.

2004 *Assessment of sport skill proficiency in polish wheelchair rugby representatives* (with Judit Lencse-Mucha and Andrzej Kosmol). The 8th International Scientific Congress on "Modern Olympic sport and sport for all", Almaty, Kazakhstan.

2004 *The impact of sports participation on the intensity of psychosocial problems of male individuals with quadriplegia* (with Wojciech Otrębski and Andrzej Kosmol). The 2nd Conference of the European Association for Sociology of Sport (EASS) on Sports Involvement in a Changing Europe, Rzeszow, Poland.

2003 *Anaerobic performance of active and sedentary male individuals with quadriplegia* (with Yves Vanlandewijck, Andrzej Kosmol and Bartosz Molik). VISTA 2003 - Sports for Youths with Disabilities. Bollnas, Sweden.

Memberships

- Krajowa Izba Fizjoterapeutów (KIF) / Polish Chamber of Physiotherapists (PChP)
- International Federation of Adapted Physical Activity (IFAPA)
- European Federation of Adapted Physical Activity (EUFAPA)
- Polskie Towarzystwo Naukowe Adaptowanej Aktywności Fizycznej (PTN-AAF) / Polish Scientific Association of Adapted Physical Activity
- Stowarzyszenie Absolwentów AWF Warszawa / Alumni Association of Jozef Pilsudski University of Physical Education

Honors and awards

- Fellow with the International Federation of Adapted Physical Activity (2019)
- Nomination for EDUinspirations 2017 (EDUinspiracje 2017) in the category of projects completed under the Scholarship and Training Fund (Project titled „Adapted Physical Activity – theory and practice”)
- Silver Cross of Merit, President of Poland (2014)
- Team Award of 2008 year from Committee of Rehabilitation, Physical Culture and Social Integration at Polish Academy of Science
- Brown Cross of Merit, President of Poland (2006)
- Individual Rector's AWF Warsaw award (2007, 2010, 2016, 2017, 2018, 2023, 2024) and Team Rector's AWF Warsaw award (2003, 2005, 2006, 2008, 2009, 2011 and 2012)